

Saint Mary's Healthy Decisions for Life Program

Saint Mary's Health Plans is pleased to offer its members with ongoing health concerns the Healthy Decisions for Life Program. This free telephone and mail-based program includes a team of registered nurses, registered dietitians, certified diabetic educators, and specialty care managers to provide information and support to members and their physicians in managing the members' health. This program is available to Saint Mary's HealthFirst and Health Choice members.

Benefits of the program include:

- **A health professional to speak with you at your convenience to answer questions and provide information to help you carry out the plan of care you and your physician have developed.**
- **Mailed health education materials, including condition specific newsletters, workbooks, preventive health screening reminders, and/or health care action plans.**
- **A toll-free number to call for information about your health condition, including questions about nutrition, activities, medications, recommended health screenings and resources in the community.**
- **At home monitoring program for eligible members with congestive heart failure.**

Health conditions that are addressed in the program include asthma, diabetes, coronary heart disease, congestive heart failure, chronic obstructive pulmonary disease, chronic kidney disease, and renal failure. Also included are a group of eleven impact conditions (adult back pain, acid-related stomach disorders, atrial fibrillation, decubitus ulcers, fibromyalgia, hepatitis C, inflammatory bowel disease, irritable bowel syndrome, osteoarthritis, osteoporosis, and urinary incontinence).

If you are a HealthFirst or HealthChoice member with one of the listed conditions and are not yet in the Healthy Decisions for Life Program, but would like to enroll, please call toll free 1 (866) 218-2823. For more information, please call (775) 770-6210.



Saint Mary's

A member of CHW